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LIVE 88.5 fm

BURIED ALIVE

FOR SNOWMOBILER JEREMY HANKE, THE B.C. BACKCOUNTRY IS A LIFE-SAVER THAT ALMOST BECAME A LIFE-TAKER PAGES 8-9

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Fire guts iconic pub

Eight-hour inferno. Investigation underway in blaze that caused an estimated $700,000 in damages

JOE LOFARO
joe.lofaro@metronews.ca

An early-morning fire gutted the Cheshire Cat Pub in Carp Monday, but even as firefighters battled the blaze the owner promised to rebuild.

"I just worry about my staff more than anything right now," said Dustin Therrien, who, with his wife Crystal, purchased the pub in 2005. "I could see the smoke as I turned down the road ... I just knew it was going to be bad."

Ottawa Fire Services was called to the converted schoolhouse at 2193 Richardson Side Road at around 4:30 a.m. after a 911 caller reported smoke coming from the historic building.

Firefighters worked to douse the blaze for more than eight hours, but were forced to adopt a "defensive position," seeking to contain the fire.

Therrien groaned, "No," as crews tore apart a bell tower, which came tumbling down the roof onto the ground. Firefighters needed to open up the roof to access burning hot spots.

Therrien stood and watched from the road as firefighters sprayed the charred building, which was built in 1883, and thick, grey smoke billowed out.

Ottawa Fire Services spokesperson Marc Messier said the cause of the fire is not known and nobody was inside the pub.

"We will want to speak to the employees who were here last night just to see if there's anything they can give us as far as indication as to what may have started this fire," said Messier.

"They were here obviously when they closed up and there might have been something that could lead us in the right direction when we start our investigation."

The Therriens renovated the pub after taking over, expanding the building and putting in a new kitchen. Losses are estimated at $700,000.

Owner's nightmare

"I could see the smoke as I turned down the road ... I just knew it was going to be bad."
Cheshire Cat Pub owner Dustin Therrien

Ottawa Fire Services were called to the Cheshire Cat Pub in Carp early Monday morning to battle a blaze that gutted the entire building. Damage is estimated at $700,000. JOE LOFARO/METRO

Young boy booted off bus

Ottawa man and his two-year-old brother asked to leave to accommodate passenger in wheelchair PAGE 3

All hail Canada's 1%

Our wealthiest rake in 10 per cent of Canada's income, according to StatsCan PAGE 10

'Throwing myself into the gauntlet'

Ashton Kutcher dishes on his transformation into the legendary Steve Jobs, including a brief hospital stay, for the movie jOBS PAGE 14

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Toddler loses in battle of stroller versus wheelchair

Upset. Ottawa man says it's third time he, siblings have been kicked off bus to accommodate disabled passenger

JOE LOFARO
joe.lofaro@metronews.ca

An Ottawa man wants answers from OC Transpo after he said he and his two-year-old brother were kicked off a bus last Friday to make room for a passenger who used a wheelchair.

Bradley Bulger, 19, said he picked up his younger brother Ethan at daycare Friday evening and they both boarded the 14 St. Laurent near Booth Street and Gladstone Avenue at around 5:30 p.m. His brother sat in a stroller at the front of the bus next to a woman who also had her child in a stroller.

Four stops into the ride, near the intersection of Percy Street and Gladstone Avenue, a passenger who used a wheelchair wanted to board, Bulger said. That's when the male driver allegedly told Bulger to get off the bus to make room for the new passenger.

"He kept insisting to me to get off the bus to let the chair on, but there was more than enough room for him to slide by," said Bulger Monday. "And then after about two minutes of me telling him there's enough room (and) just put the ramp down and let him on, he threatened to call security and the supervisor."

He added he and the mother moved to accommodate the man in the wheelchair and pleaded with the driver to let him on the bus so no one would have to wait outside in -20 C weather. Eventually, Bulger got off with Ethan and waited for the next bus.

"The next one didn't come until 20 minutes after and by the time we got home my baby brother got windburn on his face," said Bulger.

Bradley Bulger, 19, said he and his brother Ethan, 2, were told to get off the 14 St. Laurent bus last Friday to make room for another passenger, who used a wheelchair. JOE LOFARO/METRO

He called OC Transpo customer service following the incident to file a complaint and has not heard back from anyone, he said. His mother, Joanne, also called OC Transpo to complain.

Bulger also claimed this has happened to him twice before when accompanying his younger sister.

"They need to up their customer quality," said Bulger. "We made room for him. We accommodated him. It wasn't right for him to kick me off."

City of Ottawa media relations emailed a statement attributed to Troy Charter, manager, transit operations saying, "OC Transpo is currently investigating this incident. OC Transpo has protocols and procedures geared to ensuring safety and service for our customers. All findings will be incorporated into our ongoing review to ensure customer service is improved where necessary."

Idle No More moves on after Spence's strike

Jingle-dress-clad Ojibway Idle No More protesters young and old carry a ceremonial eagle staff, representing a united aboriginal nation, as protests continued across the country on Monday. GRAHAM LANKTREE/METRO

Idle No More protests will continue until Prime Minister Stephen Harper takes action to resolve issues at the heart of the movement, said First Nations people on Monday, as they danced, beat drums and sang in a protest on Parliament Hill.

"Chief Spence was a major kickstarter in what's happening," said Ojibway musician Ian Campeau, a member of electronic group A Tribe Called Red. "Thank God she decided to end her hunger strike. We didn't want to see her pass on. But nothing has been done yet."

Last Thursday, Chief Theresa Spence of the north Ontario Attawapiskat reserve announced she would end her six-week hunger strike which drew attention to poverty in the aboriginal community. When she started the strike in early December, she became a symbol of frustrations among First Nations that brewed around two controversial government bills, including Bill C-45, which First Nations groups says impacts land treaties by doing away with environmental protections for rivers and lakes.

Spence's demands to meet with the Prime Minister led to a face-to-face between Harper and Assembly of First Nations National Chief Shawn Atleo on Jan. 11 to address a list of grievances.

"We woke up at 4 a.m. to be here," said Matheaas Papapea, an Algonquin from Quebec City who travelled to Ottawa with his family to join the protest. "I'm not here for Chief Spence, I'm here for my land. To be as one nation and protect the land," he said, noting that he an his family would continue to show up at rallies and have attended many in Quebec City.

GRAHAM LANKTREE/METRO

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Lanterns and art works and polar bears, oh my

Winterlude's back. Keep your eyes peeled for polar-bear ice sculptures and other attractions at this year's festival

SEAN MCKIBBON
sean.mckibbon@metronews.ca

Ottawa turned into a snow globe Monday and artists and NCC employees set to work getting the Winterlude Crystal Garden ready to open this Friday in Confederation Park.

"We're building a big teddy bear," laughed Manoj Khorugdharry as he showed off the nearly one-tonne polar-bear ice sculpture he and fellow artist Mo Wafak were working on for their sponsor, the World Wildlife Fund.

The polar bear, which will be the starting point for a downtown scavenger hunt, is just one of the attractions planned for the park.

"World Wildlife Fund is sponsoring the sculpture to mark the Year of the Polar Bear," said Sue Novotny, a WWF spokeswoman.

Five small ice sculptures of polar bears will be hiding around downtown Ottawa, each representing one of the five countries where polar bears live, said Novotny.

People using smartphones can "tag" the small sculptures on the Icebear Tracker site at panda.org/icebear. People who find all five can win prizes, such as lunch with a polar bear biologist.

Manoj Khorugdharry uses a chainsaw to shape a giant ice sculpture depicting a polar bear at the Confederation Park venue of Winterlude on Monday. SEAN MCKIBBON/METRO

The annual ice sculpture competition will draw 12 two-person sculpture teams from around the world. On Friday at 8 a.m., the public can watch at the fountain in Confederation Park as the teams also race to carve individual blocks into magical ice creations in the space of two hours.

To help mark Canada's 60th year of diplomatic relations with South Korea, a 115-foot-long "Wish Tunnel" made of Korean lanterns from the Jinju Namgang Yudeung Festival in South Korea will light up the night along with other large lanterns.

A series of art installations involving lighting, entitled IllumiNation, will also brighten Confederation Park and Marion Dewar Plaza, and the Royal Norwegian Embassy will host an exhibit of Norwegian Sami Lavu folk tales.

Businesses defrauded

Police warn cashiers of 'quick-change scam'

Ottawa police are investigating what they say are several incidents of the "quick-change scam."

They say local businesses were defrauded between Nov. 27, 2012, and Jan. 22, 2013, when suspects targeted young, inexperienced cashiers.

They say six different suspects have been seen on the surveillance video. They warn the suspects distract and confuse cashiers into giving them money.

For photos of the suspects see metronews.ca. METRO

Metcalfe to O'Connor. Valet parking coming to Sparks Street mall

First a zipline proposal; now the people aiming to make Ottawa's pedestrian mall a little less, er, pedestrian, will be test-driving a new idea.

"It's a new Sparks Street approach and something we haven't done before," said Les Gagne, executive director for the Sparks Street BIA and mall authority. Gagne said people have long complained about problems finding parking, and after talking to business owners the BIA wondered if it could not only offer parking, but also "move it up a notch."

So starting this Saturday, between 10:30 a.m. and 5:30 p.m., 15 to 20 valet-parking spaces will be made available in the block between Metcalfe and O'Connor streets. Access to the parking will be from Metcalfe.

Users will be charged a $20 fee, but if they spend $20 or more on Sparks Street businesses the parking will be free.

What's more, Gagne says customers will be given a card with a number to call when they want the valet to get their car ready.

The pilot project will begin fully in Feb. 7 and will last two months, Gagne says. Overnight parking won't be permitted. SEAN MCKIBBON/METRO

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Flight. Monkey in rocket launched into space: Iranian state TV

Iran said Monday it has successfully sent a monkey into space, describing the launch as another step toward Tehran's goal of a manned space flight.

According to a brief report on state TV, the rocket, dubbed Pishgam, or Pioneer in Farsi, reached a height of 120 kilometres. The report gave no other details on the timing or location of the launch, but said the monkey safely returned to Earth.

Still images broadcast on state TV showed a small, grey-tufted monkey presumably being prepared for the flight, including wearing a type of body protection and being strapped tightly into a pod that resembled an infant's car seat.

In this AP Television image, scientists in Iran surround a monkey ahead of a space launch. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Possible change

U.S. Boy Scouts considering retreat from no-gays policy

The Boy Scouts of America is considering a dramatic retreat from its controversial policy of excluding gays as leaders and youth members.

Under the change now being discussed, the different religious and civic groups that sponsor Scout units would be able to decide for themselves how to address the issue — either maintaining an exclusion of gays or opening up their membership.

Monday's announcement of the possible change comes after years of protests over the policy.

THE ASSOCIATED PRESS

Neglect, errors contributed to Brazil nightclub blaze

231 dead. No fire alarm, sprinklers or fire escapes resulted in the world's worst fire of its kind in more than a decade

Relatives and friends carry the coffin of Vinicius Rosado through a cemetery during his burial in Santa Maria, Brazil, Monday. A fast-moving fire roared through a crowded, windowless nightclub in this southern Brazilian city early Sunday, killing 231 people. FELIPE DANA/THE ASSOCIATED PRESS

There was no fire alarm. There were no sprinklers or fire escapes. And when a band member tried to put out a fire that had been started by pyrotechnics, the extinguisher didn't work.

All the elements were in place for the tragedy at the Kiss nightclub early Sunday.

The result was the world's worst fire of its kind in more than a decade, with 231 people dead and the southern Brazilian college town in shock and mourning.

Funerals began on Monday, as reports continued to emerge about the accumulation of neglect and errors at the packed night spot.

According to state safety codes here, clubs should have one fire extinguisher every 1,500 square feet as well as multiple emergency exits. Limits on the number of people admitted are to be strictly respected. None of that appears to have happened at the Santa Maria nightclub.

"A problem in Brazil is that there is no control of how many people are admitted in a building," said Joao Daniel Nunes, a civil engineer in nearby Porto Alegre.

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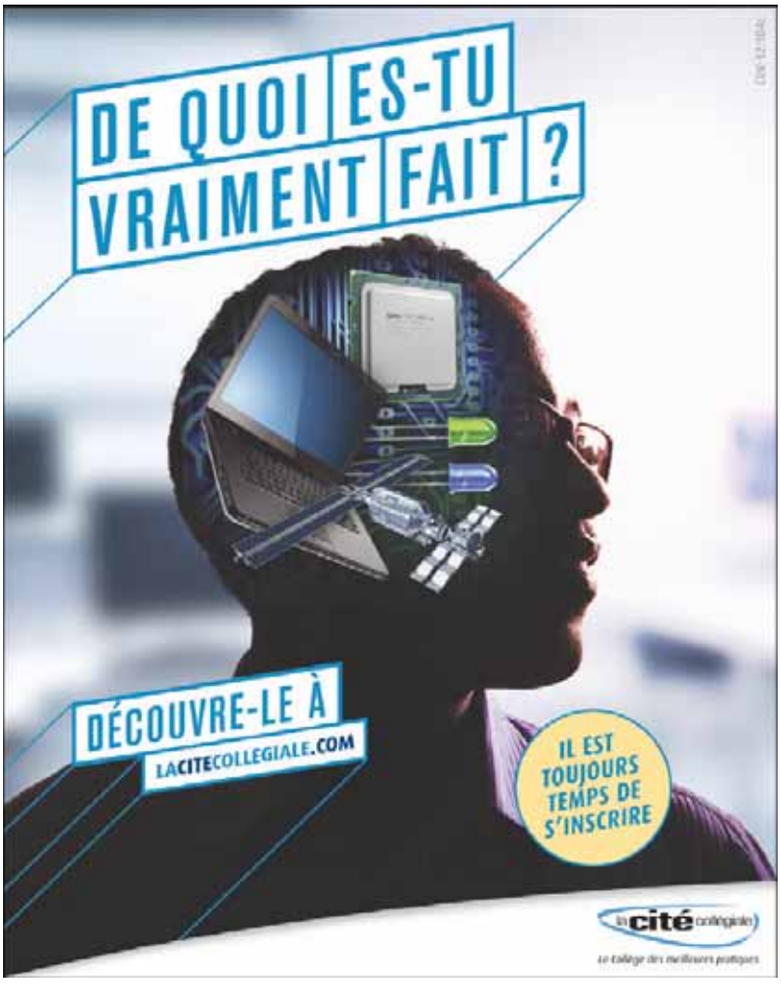
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Morsi fails to keep Egypt from falling into revolt

Five days of violence. Nighttime curfew and army presence don't prevent protests, riots

Protesters battled police for hours in Cairo on Monday and thousands marched through Egypt's three Suez Canal cities in direct defiance of a nighttime curfew and state of emergency, handing a blow to Islamist President Mohammed Morsi's attempts to contain five days of spiraling violence.

Nearly 60 people have been killed in the unrest that has touched cities across the country but has hit hardest in the canal cities, where residents have risen up in outright revolt.

The latest death came on Monday in Cairo, where a protester died of gunshot wounds as youths hurling stones battled all day and into the night with police firing tear gas near Qasr el-Nil Bridge. In nearby Tahrir Square, protesters set fire to an armoured personnel carrier.

"I will be coming back here every day until the blood of our martyrs is avenged," said 19-year-old carpenter Islam Nasser, who wore a Guy Fawkes mask as he battled police.

Angry and screaming at times, Morsi on Sunday declared a 30-day state of emergency and a nighttime curfew on the three Suez Canal cities of Suez, Ismailiya and Port Said and their provinces. He instructed police to deal "firmly and forcefully" with the unrest and threatened to do more if security was not restored.

But when the 9 p.m. to 6 a.m. curfew began Monday evening, crowds marched through the streets of Port Said. In Ismailiya, residents organized street games of soccer to emphasize their contempt.

Army troops backed with tanks were deployed in Port Said and Suez, but they did not intervene to enforce the curfew. THE ASSOCIATED PRESS

Protesters run for cover near Tahrir Square. KHALIL HAMRA/THE ASSOCIATED PRESS

Mexico. Ten bodies found in well believed to be part of missing band and crew

Searchers pulled 10 bodies from a well in northern Mexico on Monday, near the site where 20 members of a Colombian-style music group and its crew disappeared late last week, according to a state forensic official.

It was hard to determine how many more bodies were submersed in the water, said the official, who spoke on condition of anonymity.

Sixteen members of the band Kombo Kolombia and four crew members were reported missing early Friday after playing a private show at a bar in the town of Hidalgo, north of Monterrey.

Members of other musical groups have been murdered in Mexico in recent years, usually groups that perform "narcocorridos," which celebrate the exploits of drug traffickers. But Kombo Kolombia did not play that type of music, and its lyrics did not deal with violence or drug trafficking.

THE ASSOCIATED PRESS

Plane crash

Memorial service held in Antarctica

A memorial service has been held in Antarctica to honour three Canadians who died in a plane crash there last week.

The three employees of Calgary-based Kenn Borek Air were killed when their Twin Otter slammed into a mountain on Wednesday.

The U.S. National Science Foundation held the ceremony at its Amundsen-Scott South Pole Station.

The agency says the dead men made the ultimate sacrifice while supporting scientific research in a remote and hostile environment.

American and New Zealand searchers were able to recover the voice recorder from the plane's tail and it is being sent to Ottawa to be examined.

But searchers have decided they cannot safely recover the bodies of the men until possibly October, when winter in Antarctica is over. THE CANADIAN PRESS

Beloved matriarch

Queen of the Netherlands to abdicate throne

Dutch Queen Beatrix, 74, announced Monday that she will abdicate on April 30 after 33 years as the head of state, clearing the way for her eldest son, Crown Prince Willem-Alexander, to become the nation's first king in more than a century.

THE ASSOCIATED PRESS

Queen Beatrix, Prince Claus and a baby Willem-Alexander in 1968. MARIO TORRISI/THE ASSOCIATED PRESS FILE

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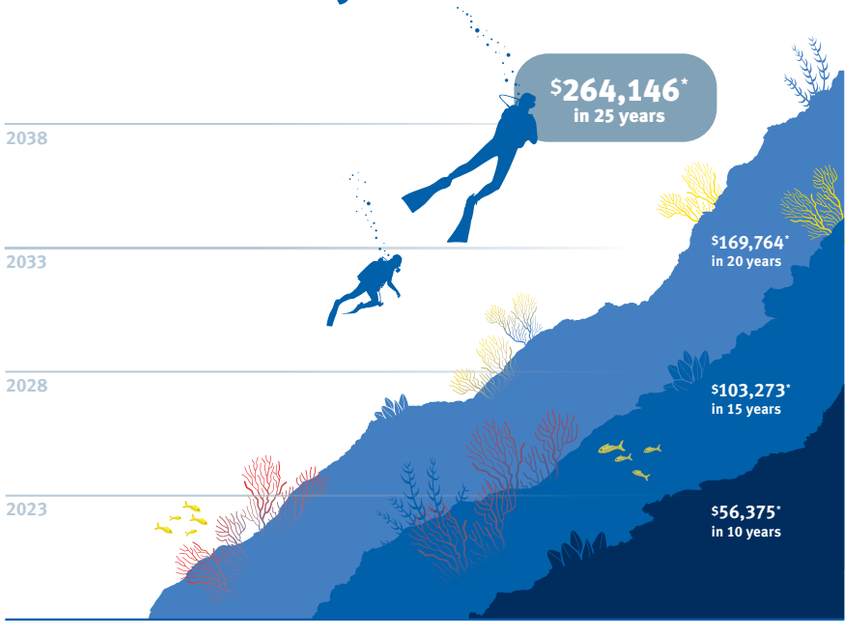

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Call of the mountain lures powder hounds

Extreme winter-sports warrior. Despite almost dying in an avalanche, Jeremy Hanke is still drawn to the wilds of B.C.'s mountains

KATE WEBB
Metro in Vancouver

Former professional snowboarder and snowmobiler Jeremy Hanke still lives for snow, despite its having taught him some hard lessons. TYLER RIDDELL/CONTRIBUTED

Discovering B.C.'s backcountry 20 years ago was the moment that Jeremy Hanke says turned his life around.

He got his first taste of extreme winter sports at 15 after moving from his adoptive grandparents' home in southern Alberta to the northern B.C. town of Mackenzie to live with a different side of his family.

He was troubled and, in his own words, headed down the wrong path — until some friends handed him a snowboard and introduced him to Powder Keg Mountain.

"With everything that was going on in my life at the time, it seemed to be the answer of peace and solitude and motivation," he told Metro during a recent interview in Revelstoke, B.C., where he now works as an avalanche safety educator for snowmobilers.

"It's the feelings that you get out there, it's the friends that you're with, the experience in the mountains.

"To be honest with you, if it wasn't for snowboarding or what I do here, I'd probably be in a jail cell somewhere."

Before long, snowboarding took over his life entirely, Hanke, 35, said. He spent summers working in the Alberta oil patch so he could spend whole winters boarding the backcountry in Canmore and Banff in Alberta and Fernie, Golden and finally Revelstoke, in B.C., where he eventually settled.

By 25 he had dabbled in professional snowboarding and started getting into snowmobiling as a way to enable himself to go farther into the backcountry.

He didn't expect that despite all his avalanche-safety training, someone else's lack of experience would almost cost him his life.

BURIED ALIVE

Hanke had just dropped down a cliff encrusted with a thick, unstable snowpack in March 2004 to join a group of fellow experienced snowmobilers when he heard the distant rumble of another group of sledders coming toward them.

The avalanche danger that day was listed as "considerable" — not high or extreme, which might have kept them inside, but the dangerously optimistic yellow zone in which experts say most accidents happen.

"We were parked at the bottom of the run-out, which was a mistake of our own, and exposed to a slope above ourselves," Hanke recounted.

Recognizing the danger, he and his friends began to position themselves for escape — but it was too late. Two men from the other group began climbing the slope right above them, and one of them triggered a Size 3 avalanche (on a zero-to-five scale), burying his companion, along with Hanke and three of his friends, under up to two metres of snow.

"There's one rule in the backcountry: You never climb or scan or travel above somebody else on any sort of avalanche terrain," Hanke explained. "No fault of their own — I just don't think they had the knowledge."

Waiting to be rescued

> **"I kind of just lost that hope for the last minute and went to sleep."**
> Jeremy Hanke

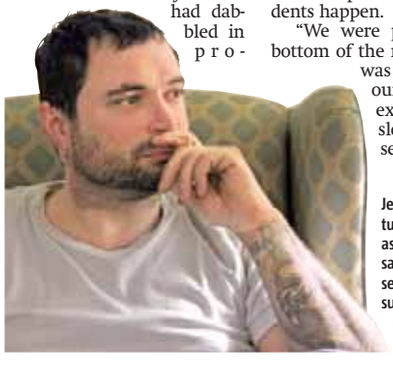
In the terrifying minutes that followed, those in Hanke's group who weren't buried were able to rescue the others using their beacons, probes and shovels — the life-saving holy trinity of any avalanche kit. Hanke was the last to be rescued, spending eight to 10 minutes under the crushing weight of the icy debris.

"I kind of just lost that hope for the last minute and went to sleep," Hanke recalled.

"My tongue was in the back of my throat when they pulled me out. When a friend of mine pulled me out he was really nervous that my back was broken and one leg was over above my head. I looked like Gumby, and I was blue."

It turned out that he looked to be in worse shape than he was in, and Hanke ended up walking away with no injuries other than some oxygen deprivation. But not everyone was so lucky.

One of the two men from the other group, a 29-year-old from Alberta with a wife and young children back at the hotel, had forgotten his transceiver that day. He was buried for almost half an hour and did not survive.



Jeremy Hanke turned to a career as an avalanche-safety educator several years after surviving one. MATT KIELTYKA/METRO IN VANCOUVER

DAY 2
THE RISK

Tomorrow: The Rescuers
Meet the two- and four-legged frontline avalanche responders.

BREAKING THE SILENCE

Hanke says he did not speak publicly about his shocking experience for six years, but was back on his sled three weeks later. He said he has never spoken to a psychologist or counsellor, although the emotional trauma of what he felt and saw still lingers.

But three years ago Hanke broke his silence after a friend reached out to him on behalf of avalanche-safety educators who were trying hard to engage the newest and fastest-growing contingent of backcountry users — snowmobilers like him.

Since then, Hanke said he has told his story to backcountry enthusiasts and the media at least 100 times. He still cries every time but he continues to tell it for two reasons.

First, Hanke hopes the mistakes that were made — both his and those of the others — will inspire more people to get training and carry an avalanche kit with them at all times.

The second, he said, is more personal. As he started to explain, he paused, took some deep breaths. "For some odd reason I feel like it gives meaning to the person that lost his life — the father that was lost, the husband that was lost, the friend that was lost — so that he didn't die in vain."

Exclusively online

Jeremy Hanke
WREN MCELROY/CONTRIBUTED

To watch a video of Jeremy Hanke recounting what it was like to be buried in an avalanche, visit metronews.ca/backcountry.

Backcountry use is in our Canadian DNA

Answering the call of the wild is simply a way of life in this country.

"Winter in the mountains is part of the Canadian experience," says Ilya Storm, forecast co-ordinator for the Canadian Avalanche Centre in Revelstoke, B.C. "We come from a country of igloos and fur traders and birch-bark canoes. We love our snowshoes, and in today's world it means split snowboards and skis. Being out in the mountains is a great thing."

And, experts say, proper risk management can ensure that the dangers associated with venturing into the mountainous backcountry don't outweigh the rewards.

In fact, those tasked with keeping the public safe are also some of the staunchest supporters of the public's right to explore Canada's vast provincial and federal parks.

"It can be done safely. Closing access — that's not the answer," says Brent Hillier, an Avalanche Skills Training instructor at Vancouver's Canada West Mountain School. "For people that do go into the backcountry, it's where we learn about ourselves. It's where we really understand what's important in life. It's who we are. You can't take that away from us."

Parks Canada has enforced a winter-permit system for users of Glacier National Park in an effort to keep backcountry users safe.
CONTRIBUTED/PARKS CANADA

It's an experience that empowers locals, and is sold to international visitors as part of our nation's appeal.

"It's amazing every day," says Grant Statham, mountain-risk specialist for Parks Canada and a mountain guide. "People come out to enjoy some peace and quiet. The skiing is awesome, you get beautiful soft powder flying over your forehead all day long — it's just fantastic."

Revelstoke may be a small B.C. community nestled in the mountains along the Trans-Canada Highway (415 kilometres west of Calgary and 564 kilometres east of Vancouver) but it's carved out a big reputation for itself on the world stage.

"This is the epicentre for backcountry skiing," says Rob Elliot, general manager of the Revelstoke Mountain Resort. "We just sell good skiing. People love this area: It's so easy to traverse into great alpine terrain and tree skiing."

Statham says backcountry trips are all good things at once: spiritual journeys, social occasions and great exercise.

And the more people do it, the more they're hooked.

"The more you learn about the mountains, the more interesting they become," says Statham, one of the architects of Canada's existing avalanche-danger scale and forecasts. "You begin to understand them. You learn the science of snow, see how it changes if the wind blows in a specific direction. There's a lot to learn and appreciate."

MATT KIELTYKA/METRO IN VANCOUVER

A slice of Canadiana

"It's where we really understand what's important in life. It's who we are. You can't take that away from us."

Brent Hillier, Avalanche Skills Training instructor at Vancouver's Canada West Mountain School

Emma-Jane Hetherington ski-tours through the backcountry near Duffey Lake, which is about a three-hour drive from Vancouver.
DYLAN LABELLE/FOR METRO

Canucks running to the hills in record numbers

More people than ever are heading for the hills

Across the board, the so-called "avalanche industry" is in agreement that the number of people skiing, snowboarding, sledding and touring through Canada's wilderness is increasing massively.

Just how many people go into the backcountry, however, remains a mystery.

"It's hard to know what goes on in the mountains," admits Ilya Storm, Canadian Avalanche Centre forecast co-ordinator. "We only talk about the fatalities, in part, because they're tracked."

Storm says the number of avalanche-related deaths in Canada hovers at around 14 people each year, but the number isn't necessarily indicative of how dangerous the backcountry may be.

"Fourteen fatalities for 100,000 backcountry users is a way better story than 14 fatalities for 50,000 users," he says. "We don't really know what the rate of avalanche fatalities and close calls are."

Backcountry skiers have established a good safety record through decades of industry growth, but new at-risk user groups are emerging.

Sledders — aided by rapidly improving technology — now account for nearly 41 per cent of avalanche fatalities in B.C.

"(Snowmobiles) make the mountains much more accessible," says Storm. "You don't need to be super skilled to be able to do the things hotshots were doing just a handful of years ago. Sleds have just become better, and now the hotshots are pushing it (further into the backcountry)."

The popularity of snowshoeing as an affordable winter fitness activity — especially in the many provincial parks that are, quite literally, at Vancouver's doorstep — is also placing a new group at risk.

"It's a user group that's exploding, I'd say exponentially," says Brent Hillier, a snowshoe guide and Avalanche Skills Training instructor. "With $200 you can get everything you need to go snowshoeing. It's a great way to take people out there, but at the same time there isn't as much awareness of the risk in that world."

Now the race is on to get the new generation of backcountry users trained and conscious about their safety.

"People don't go out thinking they're doing anything that's unduly risky," says Storm. "If we can help people match their perceptions to the reality, that's what I see as our goal."

MATT KIELTYKA/METRO IN VANCOUVER

Backcountry by the stats

14
The approximate number of annual avalanche-related deaths in Canada, according to the Canadian Avalanche Centre.

1.4M
The approximate number — 1,413,230 to be more precise — of requests for public avalanche forecasts in 2011-12.

7,000
The number of people who take Avalanche Skill Training courses each year.

124%
The increase in users at Glacier National Park from 2009 to 2012.

One-percenters rake in tenth of Canada's income

Canadian icon Gordon Lightfoot, right, made an appearance at Occupy Toronto in November 2011 to support his daughter Meredith in her protest about income disparity. Statistics Canada reported Monday that the top one per cent of earners in this country took home at least $201,400 in 2010.
TORSTAR NEWS SERVICE FILE

Income disparity.
StatsCan data shows gap between the richest and the rest of us has narrowed slightly

The recession and subsequent weak recovery appears to have taken a bite out of Canada's top income earners — but they are still doing better than the rest and many suspect the setback is temporary.

Statistics Canada reported Monday that the top one per cent of the country's 25.5 million tax filers earned at least $201,400 in 2010, accounting for 10.6 per cent of the nation's total income — down from 12.1 per cent peak in 2006.

The latest data finds the biggest narrowing in the gap between the top one per cent and the rest occurred in 2008 and 2009, when the Canadian economy was in the midst of a deep recession and the stock market lost about half its value.

By 2010, however, the recession-effect on income disparity appeared to be diminishing. There was only a slight drop-off for the top earners — from 10.7 per cent to 10.6 per cent of the national income — between 2009 and 2010.

Andrew Sharpe, executive director of Centre for the Study of Living Standards, says he doubts the new data indicate a trend to greater income equality because top earnings are more dependent on investments and capital gains.

"It's likely a cyclical phenomenon," Sharpe said. "There's a lot of forces in society that leads to the concentration of income. It's hard to say what's going to happen, but I wouldn't say it will continue to fall for the top one per cent."

THE CANADIAN PRESS

Rich women

53,200

There are 53,200 Canadian women in the One Per Cent club — or 21 per cent of the total — compared to only 11 per cent in 1982.

Market Minute

DOLLAR
99.35¢
(Unchanged)

TSX
12,815.91 (-0.71)

OIL
$96.44 US (+56¢)

GOLD
$1,652.90 US (-$3.70)

Natural gas: $3.27 US (-17¢)
Dow Jones: 13,881.93 (-14.05)

Consumer protection

CRTC puts cell-bill complaints into 1st draft of code

Consumers are asking for clear language in their cellphone contracts and want to be able to put a cap on extra fees, says a draft of a national wireless code, released Monday by the Canadian Radio-television and Telecommunications Commission.

The telecom regulator wants more comment from Canadians on what they think of the drafted code for the wireless industry. Public hearings will be held the week of Feb. 11. Online comments are open until Feb. 15. THE CANADIAN PRESS

Credit crunch. Visa suffers temporary nationwide outage

Visa's credit-card system was once again working around 5 p.m. Monday after it crashed earlier in the afternoon, leaving Canadians to reach for their billfolds.

"Visa is 100 per cent operable. The visa network is working," a Visa spokesperson said. "The issue is with a third-party provider and we will be issuing a more detailed statement soon."

Royal Bank of Canada and TD Canada Trust said their customers were among those affected by the nationwide outage.

"The system is down for Visa credit-card transactions," a recorded voice at CIBC customer service said earlier Monday afternoon. "The issue is being investigated and we hope to resolve the issue as soon as possible."

TORSTAR NEWS SERVICE WITH FILES FROM THE CANADIAN PRESS

Canadians flocked to social media on Monday afternoon to complain that their Visa cards were being declined. GETTY IMAGES FILE

Music streaming. Rdio offers free access for six months

In a bid to boost its market share amongst Canadian eardrums, Rdio is offering free access to its streaming music library for up to six months.

"We just want to be able to give everyone the opportunity to experience Rdio," said company spokesperson Marisol Segal.

The site was started by one of the creators of Skype, and launched across North America in 2010. Since then, their online library has grown to include over 18 million songs.

"With streaming music, there still isn't a huge amount of awareness," Segal said. "I think when people hear about it and realize they can access 18 million songs, they'll get really excited."

Although similar companies like Pandora and Spotify have not made their services available in Canada — citing things such as data caps, population size and regulatory issues — Segal says the country was always a priority for Rdio.

Users can sign up for the free trial at rdio.com. Afterwards, plans cost $4.99 a month for unlimited web streaming, or $9.99 for unlimited web and mobile access.

LUKE SIMCOE/METRO

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DEADLINE 3 DAYS LEFT!

CONSUMER GUILT & THE PROBLEM WITH DISPOSABLE PARTY DRESSES

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

A group of 15 women showed up at my friend Sarah's apartment earlier this month with suitcases, laundry baskets and milk crates full of items they no longer wanted. There were piles of old books, DVDs and housewares, but mostly, there were clothes. Oh, the clothes; piles and piles of gently used sweaters, polyester party dresses and jeans in every shade of denim imaginable. There were racks of sun-bleached maxi dresses and office-appropriate pencil skirts; some items still had the tags on.

Swap parties — an increasingly popular activity among the frugal and fashionable set — are an excellent way to purge your unwanted cast-offs and acquire some new wardrobe pieces without pulling out your credit card. Over the course of two hours, women stripped down in Sarah's living room to try on clothes and eyed each other competitively as they ravaged the mounds of silky blouses and novelty printed tank tops.

Once the swapping concluded, the remaining items were packed up in garbage bags to be donated to a local homeless shelter.

Swap till you drop

As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left the swap party vowing to curb my own gratuitous spending.

While there is definitely a feel-good element to this form of sustainable shopping, I couldn't help feel horrified at the hundreds of dollars' worth of stuff we had all managed to accumulate. As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left the swap party vowing to curb my own gratuitous spending. I wasn't proud when, just a few days later, I found myself waiting in line to purchase a $39.99 pair of "leather" leggings.

Human beings spend more than $1 trillion a year on clothing worldwide — and an estimated one third of those consumers come from North America. A significant percentage of this spending can be accredited to the enticing appeal of the ill-fitting runway knockoffs churned out en masse by monolithic European chains like H&M and Zara. Shoppers are insatiable when it comes to poorly constructed trendy clothes, but we neglect to think about the environmental consequences of our excessive consumption.

It can be hard to resist the temptation of fast fashion when you're at an age (and in an income bracket) that favours accessible fads over investment pieces. But we need to work at recognizing the difference between a want and a need and reconciling our cravings for affordable fashions with our obligation to become conscious consumers. Not only for ethical and environmental considerations, but because it would be nice if our clothes didn't expire faster than a container of yogurt.

Fashion star today, cast-offs tomorrow.
NEILSON BARNARD/GETTY IMAGES FOR H&M

Follow Jessica Napier on Twitter @MetroSheSays

A whale of a suite deal

CHRISTIAN STROMQVIST

Carving out a niche

Icy 'whale' room helps save oceans

This interior may chill your bones, but the intention behind its design will surely warm your heart.

Designer Andrew Winch's commission to build the recently unveiled "whale" suite at the Icehotel in Jukkasjärvi, Sweden, will be donated to efforts to save the world's oceans, ecologist group Blue Marine Foundation (BLUE) has announced.

METRO WORLD NEWS

BLUE's point of view

"Awareness is good news for the world's oceans. Today, only 2.3 per cent of them are under protection. Sadly, marine conservation is, for the moment, out of sight and mind."
Rachel Etherington, managing director at Blue Marine Foundation

Totally chill design

- **Cost.** For one person, a night in the Whale Suite starts from a cool 3,250 Swedish krona ($506 US).
- **Temperature.** The Icehotel's room temperature is a balmy -5 C, compared to -30 C outside.
- **Melting.** The Icehotel is built in November and melts in May. The melting process takes four to six weeks.

Taking stock

'Fountains' of fish could flourish in protected seas

While news that the popular oily fish mackerel is no longer sustainable points to our oceans' woes, ongoing conservation projects can revive fish stocks "within five years," according to BLUE's Rachel Etherington.

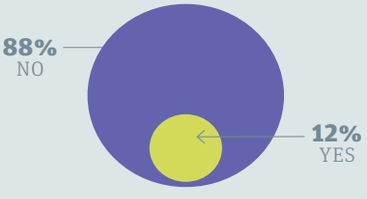
"If we set up 'no take zones,' such as the Chagos Archipelago in the Indian Ocean, fountains of fish stocks can thrive, migrate and populate elsewhere," Etherington told Metro.

METRO WORLD NEWS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be attending the NKOTB, 98 Degrees, Boyz II Men reunion tour?



Twitter

@ballcarolynne: My english midterm is on Valentines Day. How romantic.

@pmoharper: If my family stands me up like they did for my breakfast photo, I'll close with another Stanley snap #dayinthelife

@NoodleSongz: @iKurple :(but....I can make it right, I can do this...I know I can... let me prove it to you :(please

@chlosierra: Wouldn't wish this cold on my worst enemy #somuchpain

@anorngxo: Unfortunate incident on the OC Transpo but the driver handled it nicely.. Miracles

@MorganGostick: RT @Madison_Dodds: The feeling of missing an old best friend who knew and understood everything about you, but knowing it'll never be like that again

metro

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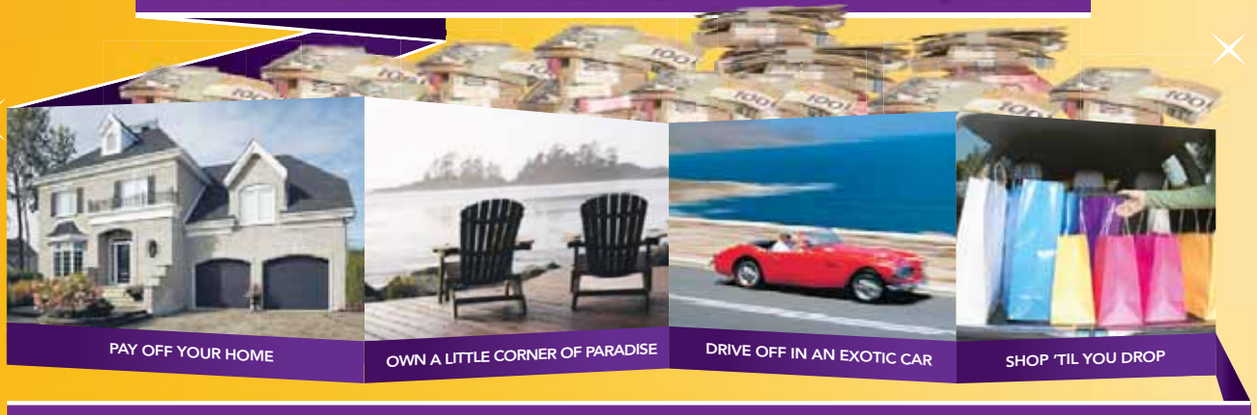

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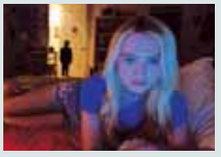
a. The Heart and Stroke Foundation of Ontario is now known as the Heart and Stroke Foundation of Canada. All proceeds from this lottery will fund Heart and Stroke Foundation research and health promotion to benefit residents of Ontario. © Bank of Canada: bank note images used and altered with permission. Lottery Licence #: 4847

DEADLINE 3 DAYS LEFT!

DVD review



Paranormal Activity 4

Director. Henry Joost, Ariel Schulman

Stars. Kathryn Newton, Katie Featherston, Alexondra Lee

●●●○○

Ever since Oren Peli first made bank in 2009 with his found-footage combo of grainy videos, pesky demons and skittish homeowners, the push has been on to have a new chapter of the slowly evolving Paranormal Activity saga out every Halloween. The quality isn't keeping pace with the production quota. Directors Henry Joost and Ariel Schulman, back for more after helming the superior PA3, take story strands from the first three movies and try to stitch them into something resembling a cohesive narrative. It's a stretch and also not all that scary. PA4 picks up the dangling plot line from PA2 where poltergeist-plagued Californian Katie (Katie Featherston) vanished in 2006 along with her baby nephew Hunter. This is hitched to strange 2011 goings-on in a Nevada household. The expository prequel that was PA3 is all but forgotten until the confusing ending of this film. You follow? It doesn't really matter, because it's all faint-by-numbers this time, without even a cool device like the low-tech fan cam from PA3 to interest us or really scare us. Extras include the unrated version of the film plus a half hour of "found footage."

PETER HOWELL

Ashton Kutcher stars in jOBS, which was the closing film at the Sundance Film Festival. THE ASSOCIATED PRESS

Kutcher up to the jOB

Method man. Actor took his starring role in Steve Jobs biopic seriously — even risking his health for it

Ashton Kutcher says playing Steve Jobs on screen "was honestly one of the most terrifying things I've ever tried to do in my life."

The 34-year-old actor helped premiere the biopic jOBS — the closing-night film at the Sundance Film Festival — on Friday. In the movie, Kutcher plays the Apple Inc. founder from the company's humble origins in the 1970s until the launch of the first iPod in 2001. A digital entrepreneur himself, Kutcher said he considers Jobs a personal hero.

"He's a guy who failed and got back on the horse," Kutcher said. "I think we can all sort of relate to that at some point in life."

Kutcher even embodied the Jobs character as he pursued his own high-tech interests off-screen.

"What was nice was when I was preparing for the character, I could still work on product development for technology companies, and I would sort of stay in character, in the mode of the character," he said. "But I didn't feel like I was compromising the work on the film by working on technology stuff because it was pretty much in the same field."

But playing the real-life tech icon who died in 2011 still felt risky, he said, because "he's fresh in our minds."

"It was kind of like throwing myself into this gauntlet of, I know, massive amounts of criticism because somebody's going to go, 'Well, it wasn't exactly ...'" Kutcher said.

While the filmmakers say they tried to be as historically accurate as possible, there was also a disclaimer at the very end of the credits that said portions of the film might not be completely accurate.

Still, realism was always the focus for Kutcher, who watched "hundreds of hours of footage," listened to Jobs' past speeches and interviewed several of his friends to prepare for the role.

The actor even adopted the entrepreneur's "fruitarian diet," which he said "can lead to some serious issues."

"I ended up in the hospital two days before we started shooting the movie," he said. "I was like doubled over in pain, and my pancreas levels were completely out of whack, which was completely terrifying, considering everything."

Jobs died of complications from pancreatic cancer.

Still, Kutcher was up to the challenge of playing Jobs, in part because of his admiration for the man who created the Macintosh computer and the iPod. "I admire this man so much and what he's done. I admire the way he built things," Kutcher said.

The film also shows Jobs' less appealing side, withholding stock options from some of the company's original employees and denying child support to the mother of his eldest child.

Kutcher still found the man inspiring. Jobs had a singular focus, Kutcher said, and felt like anyone could change the world.

"I don't know if there's ever been an entrepreneur who's had more compassion and care for his consumer than Steve Jobs," Kutcher said. "He wanted to put something in your hand that you could use and you could use it easily ... and he really cared about that."

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rick Ross is in all sorts of trouble, as is the delightful Chris Brown

THE WORD
Dorothy Robinson
scene@metronews.ca

First up is Mr. Ross, who crashed his Rolls-Royce into an apartment building around 5 a.m. on Monday. The rapper was apparently trying to flee from an attempted drive-by shooting in Fort Lauderdale. Authorities say unknown suspects fled before police arrived and that Ross and his companion were unharmed. That apartment building and Rolls — not so much.

Also on Monday, but on a different coast, Chris Brown and Frank Ocean were reportedly at the center of a brawl outside a Los Angeles recording studio.

The dispute erupted over a parking spot, with members of both men's entourages kicking off the fight. Brown, no stranger to brawls, left the scene before police arrived, though Ocean and his team stuck around to give a statement. Because of that, police are classifying Ocean as "the victim," a law enforcement source tells the website. Ocean took to Twitter to address the fight, posting, "got jumped by Chris and a couple guys.

I only wish [his dog] Everest was there. Cut my finger now I can't play with two hands at the Grammys."

Ha. I love how Brown likes to think of himself as the bad boy of R&B — and he gets into a fight over a parking spot. His street cred is seriously impressive.

Randy Quaid

Canada ain't too keen on Quaid

It looks like Canada doesn't want Randy Quaid hanging around much longer. The troubled actor — who along with his wife, Evi, face felony vandalism charges in Santa Barbara, Calif. — applied for permanent resident status in Canada, but the request has been denied, a Canadian government official confirms to the Washington Times. U.S. officials have not sought the actor's extradition, but Santa Barbara authorities have made it clear they plan to have the couple arrested if they set foot back on U.S. soil.

Ben and Jen trying to keep kids out of the biz

Hollywood has been pretty good to Ben Affleck and Jennifer Garner, but that doesn't mean they want any of their three children going into the business. "I would do whatever I could to discourage that," Affleck tells E! News. "My kids have enough issues of being exposed in ways that I don't want them to be exposed, in magazines and shows and stuff." But if daughters Violet, 7, and Seraphina, 4, or 11-month-old son Samuel should show interest in acting? "You know, if you're interested in drama, there's great theatre classes and stuff and that's what's appropriate," Affleck says.

Ben Affleck and Jennifer Garner

ALL PHOTOS GETTY IMAGES

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@ParisJackson
is it possible to go to a hypnotist and get your memories of a past relationship or the entire memory of someone erased from your head

@arnettwill
just saw one of those commercials for milk. glad they have those. almost forgot what milk was.

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Disregard that last tweet. Someone hacked me.

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Health

Connecting the dots on exercise and health

Your triglyceride levels might stay on an even keel if you participate in light exercise, especially after meals, the journal of the American College of Sports Medicine reports.

Researchers looked at healthy participants not currently taking part in an exercise program.

Once the participants ate a meal and began a low-intensity regimen of walking and resistance exercises, their triglycerides' elevation levels were suppressed. To a lesser extent, eating after exercising had similar effects.

"High triglyceride levels can put individuals at risk for cardiovascular disease, heart attack, and other heart-related conditions," said lead investigator Wataru Aoi, of Kyoto Prefectural University in Kyoto, Japan. "Regular exercise is a good way to keep triglycerides from becoming elevated, and the results of this study may help individuals manage their triglyceride levels more effectively by considering the timing."

The reports appear in the February edition of Medicine & Science in Sports & Exercise.

MEREDITH ENGEL, MWN

Don't be that kind of gym rat

Etiquette. How to deal with annoying people during your daily workout and how not to become one of the offenders

LINDA CLARKE
Metro World News

Lori Pines, a lawyer and avid gym-goer in New York City, was so fed up with bad gym behaviour interrupting her workouts that she wrote The Little Book of Gym Etiquette: A Handbook for Dealing with Annoying People at the Gym.

So, what's her biggest peeve?

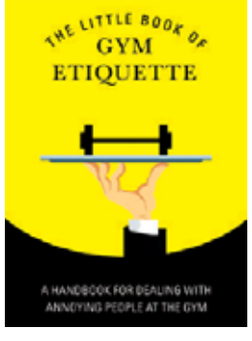
"People leaving their things all over the place — towels, used water bottles, reading matter. They might be done with it, and they just leave it. They leave a water bottle on a machine and expect you to deal with it.

"People go to the gym to focus on themselves," Pines says.

"That's what it's all about — but you have to be aware of your impact on others around you, too. People don't try to be annoying, but they often aren't aware how they're affecting others."

If you're exasperated with a fellow exerciser, Pines says to try to let it roll off your back.

"The best thing to do is to stay calm. Go to another part of the gym. Try and laugh it off."



The gym is a shared space. Make sure you're doing your part to keep it up and running. ISTOCK PHOTOS

How's your etiquette?

Here is Pines' checklist for what to remember:

- **Don't be a slob.** "This applies to leaving things around, but also to cleanliness. In the locker room, there's nothing wrong with being naked — but put a towel down on the bench before sitting."
- **Don't be a hog.** "There's always one piece of equipment that everyone wants to use. Talk to the manager and ask them to enforce a time limit. Make sure that it's posted on the equipment."
- **Don't be a space invader.** "One example is the StairMill. People kick their legs out, wave their arms, go backward. It's really annoying to people on the next machine."
- **Don't be an exhibitionist.** "Exhibitionists wear inappropriate clothing with body bits hanging out. They make excessive noises."
- **Don't be a super-talker.** "Chatterboxes are so distracting. Cellphone talkers, trainers who talk loudly. Be friendly, but extensive conversation is not the objective at the gym."

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If your New Year's resolutions are off to a rough start, perhaps it's time to realign your priorities. ALL ISTOCK PHOTOS

Take the 90-day challenge and commit to a new you

Resolutions. If you're struggling to reach your goals, it's time to re-calibrate and remember that it's a marathon, not a sprint

CELIA MILNE
life@metronews.ca

Want to be skinnier, richer and fitter?

We all start off well with New Year's resolutions, but good intentions begin to slip a bit by the end of January.

Whether you are trying to eat less processed food, quit smoking or spend less money, it's only human to revert to old habits.

But hang in there.

"Think of resolutions as marathons, not 100-yard dashes. Prepare for the long haul of a changed lifestyle," says Dr. John Norcross, psychologist at the University of Scranton in Philadelphia, PA, and author of the new book Changeology: Five Steps to Realizing your Goals and Resolutions.

No matter what goals you are aiming for, it's important to realize that you can't change overnight.

"Both psychological research and neuroscience tell us that 90 days are required to solidify a behaviour change," says Norcross.

Resolutions

If your determination to change is waning, Norcross suggests some tactics to keep your resolution going in February. Simply put, it's time to re-engage.

- **Get help.** Cultivate social support from coworkers, family members, friends or fellow resolvers.
- **Temptation.** Create a slip plan. For example, distract yourself from temptation by calling a friend or going for a walk.
- **Outlook.** Be positive about yourself and your successes.
- **Changes.** Remember that meaningful changes take more than three months.
- **Prepare.** Start by contemplating where you want to go, even if you're just not quite ready to start.
- **Action.** After you're prepared, get down to setting actual goals and realign priorities to reach those goals.

Quote

"Both psychological research and neuroscience tell us that 90 days are required to solidify a behaviour change"

Dr. John Norcross
Author of the new book Changeology: Five Steps to Realizing your Goals and Resolutions.

Best Health

Let your pup become a doggie-donor

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Did you know that your pet could be a blood donor? Just as with humans, there is often a shortage of blood supply for pets.

Some vet clinics have a resident cat partly for the purpose of donating blood to felines in need.

But for dogs, blood donations are sought from the community, and new donors are always needed.

According to Beth Knight, laboratory director at the Canadian Animal Blood Bank in Winnipeg, supporting sick or injured dogs with donated blood products, such as red blood cells and fresh plasma, increases treatment options, speeds recovery and helps them return to full health.

A dog may require blood products if he has been involved in a trauma such as being hit by a car, or is suffering from cancer, hemophilia, Von Willebrand's disease, parvovirus or anemia.

Donor dogs must meet certain criteria, including weighing 50 pounds or more and being young.

Depending on the program, blood is collected from either the dog's jugular vein or front leg; pressure is then applied to the injection site, just as with human donations. Up to four dogs could be saved from one donation.

While a transfusion won't guarantee a dog's survival, it can buy time for the animal to heal.

For a list of animal clinics and veterinary colleges across Canada that solicit canine blood donations, pick up the January/February issue of Best Health, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Blood from one pooch can save up to four dogs. ISTOCK IMAGES

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Avoiding the stress of RRSP season

Alison on Money.
Setting up an automatic contribution plan will help you deal with this stressful time

YOUR MONEY
Alison Griffiths
money@metronews.ca

RRSP season can be stressful for those who juggle several financial commitments. ISTOCK IMAGES

It's the best of times and the worst of times — RRSP season. Best if you've been tucking money away monthly, allowing you to ignore all the hype and look forward to a tax refund.

But it is the worst of times for those who juggle a myriad of financial commitments and haven't managed to make a dent in their contribution room.

According to a recent BMO Financial Group study, 75 per cent of Canadians with an existing RRSP have made some kind of contribution during 2012.

But nearly 50 per cent of us are planning on a lump sum deposit before the March 1 deadline for the 2012 tax year. And that intention spells stress as Canadians try to catch up because they haven't contributed enough during the year.

The maximum you can deposit to an RRSP for 2012 is $22,970. However, not even a third of eligible Canadians make retirement contributions at all. Of that group, fewer than 30 per cent use up their annual contribution room.

It's too late to do anything about 2012 unless you have a source of cash to boost your RRSP deposit by the deadline.

But you can certainly avoid RRSP season stress next year by setting up an automatic or systematic contribution plan.

Contributing to an RRSP on a regular basis makes so much sense. Aside from anything else it reduces stress at a time of year when most people are short of funds after the holiday season.

A good strategy is to establish an automatic transfer from your bank account to your RRSP when your pay cheque is deposited.

In numbers

$69,426.19

The value of $100 saved monthly for 25 years at six per cent average annual return (assuming dividends and interest re-invested).

Those who are paid every two weeks will make 26 contributions annually.

Another tip is to pick an amount that's not going to cause financial stress. Don't aim for the stars. It's better to start small and increase it once you've adapted to having the money gone before it can be spent.

If you already have an automatic contribution plan, bump it up by five to 10 per cent and aim to do that every year at this time.

Tax refunds make handy RRSP contributions. However, I prefer to see that money used to pay down debt.

It is better to imbed regular retirement savings in your financial life just as you do rent or mortgage payments.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Don't expect to win any bags of money — lottery odds aren't too favourable. ISTOCK IMAGES

How do you fit the lottery into your financial plan?

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Sometimes I daydream about what it would be like to win the lottery. I can only imagine how $20 million could change my life and those around me.

If invested in a growing business, it could double in value and would surely last a lifetime. Wow!

But the odds are stacked against every lotto ticket purchaser — one in tens of millions of people win. So why play?

Many people that do are drawn to the game because if their "what if" daydream actually comes true, the financial reward is greater than what a lifetime of working could ever produce.

For most Canadians, however, winning the lottery will never happen.

If you're banking on winning the lottery to provide enough for your retirement, think again.

You have the ability to improve your financial odds thousands of times over simply by sticking with tried and true savings principles.

Rather than purchasing $25 a week in lotto tickets, invest that in a tax advantaged savings plan like the RRSP.

If you started contributing $25 a week at age 25, retired at 65 and earned eight per cent in your RRSP over the course of 40 years, you'd have $335,000 in retirement savings.

If you doubled that weekly amount, under the same scenario it would total $670,000 by retirement.

(Run your savings scenario with the free retirement savings calculator at getsmarteraboutmoney.com.)

If, on the opposite side of the spectrum, you're making maximum contributions to your RRSP, TFSA and retirement savings program through work, then playing the lottery isn't the end of the world. It may actually improve your financial odds.

As with most things in life, moderation is key. If you're really feeling lucky, a lotto ticket purchase from time to time won't hurt. But don't play the lotto at the expense of paying your heating bill or making contributions to your retirement savings.

Always stick to tried-and-true financial planning principles; spend wisely, save and invest for your future (at least 10 per cent) and give back to your community.

Follow Lesley on Twitter @LesleyScorgie

Time to tune up your finances

Take control of your cash. Take the first step to put good spending and saving habits in place

JANE DOUCET
For Metro

Do you feel like you never have enough money at the end of the month? And you can't figure out where your paycheques are going? If so, you aren't alone.

"Not knowing where money is being spent is one of the most common financial issues people have," says Harley Lockhart, the chair of Advocis, The Financial Advisors Association of Canada. Lockhart is also a certified financial planner and senior adviser at Quail Ridge Financial in Kelowna, B.C.

The good news? It's never too late to take control of your cash. "No amount is too small to start saving," Lockhart said. "Taking the first step can be tough, but it gets easier after you've put some good spending and saving habits in place."

Lockhart offers these tips on how to better manage your hard-earned dollars.

Pinpoint your goals

"My key role is to help identify financial issues that are creating stress for people, then help them focus on how to relieve those stressors," Lockhart said. He helps clients figure out what's important to them over both the short and long term — perhaps paying off debt or saving for a vacation, wedding or retirement — then creates a financial plan to help them meet those objectives.

Track your spending

An easy way to analyze expenses is to keep all of your daily receipts, then at night write down on a piece of paper each total and what it bought. Lockhart asks his clients to do this for a month, then meet with him to review the results. "Suddenly, they realize just how expensive their daily Starbucks coffee or takeout lunch is," he said.

Create and stick to a budget

Lockhart likes to impart this pearl of wisdom to clients:

Common issue

"Not knowing where money is being spent is one of the most common financial issues people have."

Harley Lockhart, chair of Advocis, The Financial Advisors Association of Canada

"If your out-go exceeds your income, your upkeep will be your downfall." In other words, if you spend more than you earn, you will go into debt trying to maintain a lifestyle you can't afford.

"That applies regardless of how much you make," Lockhart said. He helps clients draft realistic budgets that don't deprive them of affordable treats so they don't feel deprived.

Don't bank on "bonus" cash

Wishing for a lottery windfall or an inheritance from a wealthy relative? Don't count on it. "An estate settlement may not contain what you expect," Lockhart said.

"The only money you're going to have in the future for certain is what you're going to send there yourself."

It's never too late to take control of your cash. HEMERA/THINKSTOCK

Penalties. Canadians using RRSPs more for illness costs

TALBOT BOGGS
Smart Investing

As they age, more and more Canadians are withdrawing money from their RRSPs to cover expenses incurred by critical and long-term illnesses, incurring heavy tax penalties and damaging their long-term retirement savings.

"We are seeing a trend among people to dip into their RRSP savings to cover costs or replace income that they might lose because of a serious injury or illness," said James McKeown, a senior insurance specialist with Edward Jones.

"Early withdrawal of money from your RRSP can have a number of consequences. Once the money is out you have to start over again to save it and you also lose the compounding growth that you would have gotten if it had stayed in."

As well, the government taxes early withdrawals very heavily. If you withdraw up to $5,000, you pay a 21 per cent withholding tax in Quebec and 10 per cent in all other provinces. Withdrawals between $5,001 and $15,000 are taxed at 26 per cent in Quebec and 20 per cent in other provinces, and early withdrawals more than $15,000 are taxed at 31 per cent in Quebec and 30 per cent in all other provinces.

More and more Canadians are withdrawing money from their RRSPs to cover expenses for illnesses, which leads to a number of consequences. JUPITERIMAGES/COMSTOCK/THINKSTOCK

And there's another penalty. Once you have withdrawn the money it is removed from the contribution room available to you and you cannot re-contribute it later. If you have $30,000 contribution room and take out $15,000, you are left with only $15,000 of contribution room.

Many aging Canadians are turning to critical illness, disability and long-term care insurance as an alternative way to protect themselves from the financial impact of a serious illness or disability.

Critical illness insurance is designed to provide a lump sum payment of cash upon medical diagnosis of a specific condition. The number of conditions covered varies depending on the insurance company, but could be as high as 24. Most claims, however, are made for cancer, stroke and heart attacks, the three most common illnesses in North America.

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

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Tropical escape on a plate: Swordfish with Mango Salsa

ROSE REISMAN
for more, visit
rosereisman.com

Any firm fish will work with this recipe; try tuna or shark.

The key to perfect fish is to never overcook it — fish is best when slightly undercooked.

Parsley or dill can be substituted for the cilantro, and pineapple, papaya or peaches for the mango.

The salsa is also delicious with chicken or pork.

1. Preheat the barbecue to high or set the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

2. Barbecue or bake the fish for 10 minutes per inch of thickness, or until it flakes easily when pierced with a fork.

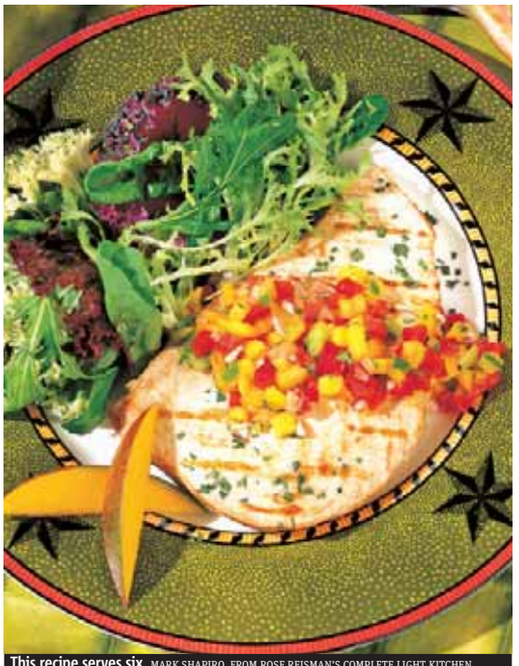
3. While the fish is cooking, combine the mango, red and green peppers, onion, cilantro, juice concentrate, lemon juice, oil, garlic and sugar in a bowl. Mix thoroughly. Serve the fish with the salsa spooned overtop.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN.

Ingredients

Prep time: 15 minutes
Cook time: 10 minutes

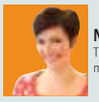
- Six 4-oz swordfish steaks
- 1 1/2 cups finely diced mango
- 3/4 cup finely diced red bell pepper
- 1/2 cup finely diced green bell pepper
- 1/2 cup finely diced red onion
- 1/4 cup chopped cilantro
- 2 tbsp orange juice concentrate
- 1 tbsp freshly squeezed lemon juice
- 2 tsp olive oil
- 1 tsp minced fresh garlic
- 1/2 tsp granulated sugar



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Good ol' topical coffee



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Don't you dare throw out those coffee grounds and tea bags! You are going to use them to replenish your tired, winter skin.

The anti-oxidants in both, along with the anti-inflammatory properties that they have, are just as potent when applied topically. To boot, they constrict blood vessels and can reduce redness, which may be helpful when Jack Frost does his bit on your cheeks.

Green Tea Bath

Some of the finest spas provide hot tubs infused with green tea. For an overall skin soother, tie a handful of loose leaf green tea (cheap in Asian markets!) into a j-cloth. Let it infuse in the tub while it is running. You can save this tea sack for two or three days and use a few times over.

Tea Bags

Great soothers for tired eyes once they cool off. Freeze them and spend a few minutes with them on puffy eyes. Just remember to drink water to reduce puffiness from the inside and to wash off any tea stains or you risk reducing puffiness only to enhance dark circles.

Coffee ground

Excellent exfoliant for the body but a little too rough for facial skin. Rough knees, elbows, backs of arms that are suffering winter dryness are soothed and scrubbed in the tub. Use only tablespoons at a time lest you plug up a drain and have to go to a real spa to relax and recover from the plumbing problem.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Honesty prevails: Try to have a 'good' fight with your partner

Discover what's really wrong. Couples will often fight about petty things while the real source of their anger remains hidden

Fighting in relationships is inevitable. This is not necessarily a bad thing — working through conflicts only makes your bond stronger. Of course, there are completely unproductive ways to fight, and when we're fired up it's easy to fall into those patterns. The best thing you can do to ensure a "good" fight is to know what you're pissed about, and make sure you express it.

Knowing why you're mad can be trickier than you might imagine. Think about the things we tend to yell about. They're often small: leaving dishes in the sink, not taking out the trash or being 30 minutes late. Generally speaking, these small behaviours aren't the actual problem. Maybe they're annoying, but there's probably something deeper going on that made them so infuriating in the first place.

What we're truly upset about is generally much more profound and less nitpicky than what we express. We feel neglected, walked on, rejected or unloved. But because it's hard to pinpoint one specific behaviour that makes us feel this way, we grab onto something small yet tangible and have blowout fights about three dirty plates.

We get mad about things that are easy to get mad about. These things don't illuminate past scars, current insecurities or deep-seated fears. They let us get out all our pain and anger without having to admit how much control our partner has over our happiness. But they also distract us from having conversations about what we really need. These feelings could poison the relationship if left unattended.

These more difficult issues that we're not confessing to our partners (and maybe even to ourselves) are the ones we need to bring up. Maybe we can't do it articulately. Maybe we don't have "facts" to support it. And maybe it makes us sound a little more vulnerable than we'd like to admit. But only by revealing your deepest wounds does your partner have any chance to heal them. METRO NEW YORK

Find sense among the screams. ISTOCK PHOTO

NHL

Subban strikes 2-year deal to stay a Canadien

Defenceman P.K. Subban will be rejoining the Montreal Canadiens after signing a two-year, $5.75-million US contract on Monday.

He will make $2 million the first year after having earned $875,000 last season on an entry-level contract.

THE CANADIAN PRESS

P.K. Subban GETTY IMAGES FILE

X Games

Snowmobile rider in critical condition

Snowmobile rider Caleb Moore remains in critical condition after a crash at the Winter X Games in Aspen and is being closely monitored.

His family thanked Moore's fans for their support Monday and asked for their prayers.

The 25-year-old was performing a flip Thursday when he clipped the top of a jump and went over the handlebars. The snowmobile rolled over him, but he walked off the course with help and went to a hospital with a concussion.

While there, he developed bleeding around his heart and was flown to Grand Junction for surgery Friday. His family said Sunday that Moore then had a secondary complication involving his brain.

THE ASSOCIATED PRESS

In this file photo, Ottawa Senator Mika Zibanejad skates against the Detroit Red Wings on Oct. 7, 2011, in Detroit. Zibanejad has been called up by the Senators again. GREGORY SHAMUS/GETTY IMAGES

Zibanejad cutting his holiday short

NHL. Highly prized prospect has outside shot of playing vs. Washington Tuesday

Mika Zibanejad travelled to Ottawa to see his girlfriend, but just in case, he thought he'd bring his hockey equipment with him.

It turned out to be a smart move, as Zibanejad was called up by the Senators on Monday.

The Senators first selection, sixth overall, at the 2011 NHL draft, was in Ottawa enjoying a few days off due to the American Hockey League all-star break when he received a call saying the Senators wanted him at practice.

"I got the call this morning, so it was nice," Zibanejad said. "It was a bit surprising since I was on the break, but I'm just happy to be here now."

Senators general manager Bryan Murray felt the timing was right for coach Paul MacLean and his staff to get a look at Zibanejad, who had goals in three of his last five AHL games.

"He's starting to play well," Murray said. "I think he's a guy that Paul will want to give a game or so to right now and find out a little more about him. As I say, his speed and his size should be an asset for us."

Simply getting the attention of the Senators can be seen as a huge accomplishment for Zibanejad, who missed 18 straight games earlier this season with a number of health issues.

While the Senators have always considered Zibanejad one of its prized prospects, he wasn't one of the seven players recalled by the team when the lockout was resolved and teams opened training camp.

Murray said Zibanejad would have received an invitation had he been healthy.

MacLean said he didn't anticipate Zibanejad playing Tuesday night against the Washington Capitals at this point, but if Daniel Alfredsson, who missed Sunday's game against Pittsburgh, remains sidelined with the flu that could change.

"He's been playing well in Binghamton and he's on his all-star break and we have a roster spot," said MacLean. "We want to take a look at Mika and see how he looks."

THE CANADIAN PRESS

National pride

- Zibanejad played nine games with the Senators to start the 2011-12 season, but was returned to the Djurgardens of the Swedish Elite League.
- He became a national hero after scoring the winning goal against Russia in the gold-medal game of the 2012 world junior championships.

Tiger rules once more at Torrey Pines

Tiger Woods holds up the trophy after winning the Farmers Insurance Open golf tournament at the Torrey Pines Golf Course, Monday in San Diego. GREGORY BULL/THE ASSOCIATED PRESS

Tiger Woods is a winner again at Torrey Pines, and the only question on Monday was how long it would take him to finish.

Woods stretched his lead to eight shots in the Farmers Insurance Open before losing his focus, and his patience, during a painfully slow finish by the group ahead.

Despite dropping four shots over the last five holes, he still managed an even-par 72 for a four-shot victory on the course where he has more wins than any other in his pro career.

One week after he missed the cut in Abu Dhabi, he ruled at Torrey Pines.

Woods built a six-shot lead with 11 holes to play when the final round of the fog-delayed tournament was suspended Sunday by darkness. He returned Monday and looked stronger than ever until the tournament dragged to a conclusion. Having to wait on every tee and from every fairway — or the rough, in his case — Woods made bogey from the bunker on the 14th, hooked a tee shot on the 15th that went off the trees and into a patch of ice plant and led to double bogey, and then popped up his tee shot on the 17th on his way to another bogey.

"It got a little ugly toward the end," Woods said. "I started losing patience a little bit with the slow play. I lost my concentration a little bit."

THE ASSOCIATED PRESS

Adding to his tally

- Woods won this tournament for the seventh time, one behind the record held by Sam Snead, who won the Greater Greensboro Open eight times.
- It was his 75th career win, seven short of Snead's all-time tour record.

4 SPORTS

Niners RB Gore finally getting his chance to shine

San Francisco running back Frank Gore. STEPHEN DUNN/GETTY IMAGES

NFL. 29-year-old coming up big after years of struggle in San Francisco

Frank Gore never lost hope.

Not through all the injuries, all the losing early in his career.

That perseverance finally paid off this season for the San Francisco running back.

The 29-year-old Gore helped the 49ers reach the Super Bowl for the first time since 1995, a triumph that is especially sweet given all he's been through. He tore up both knees in college. He underwent major surgery on both shoulders after he got to the pros. He lost part of another season to a hip injury.

Not to mention, Gore didn't experience winning in the NFL until his seventh year.

"It was tough, real tough," he said Monday. "It was tough coming to work, especially for me coming from a winning program (Miami) in college. I was never used to losing. I used to take it hard."

One of his teammates, fullback Bruce Miller, has noticed the determination in Gore's eyes as the team prepares to face the Baltimore Ravens in the title game Sunday.

"It means a lot to him," Miller said. "In meetings and at practice, you can see how intense and focused he is. He's worked hard for it."

The Ravens have their own threat out of the backfield.

Like Gore, Baltimore's Ray Rice has been overshadowed by more prominent teammates, namely quarterback Joe Flacco and retiring linebacker Ray Lewis.

Gore is a power back, someone who can churn out the tough yards between the tackles, while Rice is more of a slasher who can dart through the small openings to break off big gains. THE ASSOCIATED PRESS

Quoted

"He can do it all.... I love to watch him."

Niners running back Frank Gore on his Ravens Super Bowl counterpart Ray Rice

NFL. Big Easy relishing return of Super Bowl

A 20-storey-high mural of the Lombardi Trophy, affixed to the glass exterior of bustling hotel that was once a shattered symbol of Hurricane Katrina's devastation, rises like a beacon above the expansive white roof of the Superdome.

The Super Bowl is back in the Big Easy, finally, after 11 years, giving New Orleans a spotlight of global proportion to showcase how far it has come since Katrina left the city on its knees and underwater in August of 2005.

"The story is much, much bigger than the Super Bowl," Mayor Mitch Landrieu said Monday afternoon. "This is a story about the resurrection and redemption of a great American city.

"The Super Bowl gives us an opportunity to reflect on where we've been and where we're going."

From 1970 to 2002, New Orleans was a regular host of the Super Bowl and hopes to be again. This Sunday, when the Baltimore Ravens meet the San Francisco 49ers in the Superdome, the Crescent City will host the NFL's marquee game for the 10th time, tying Miami for the most of any city. THE ASSOCIATED PRESS

Ravens linebacker Ray Lewis arrives at Louis Armstrong International Airport in New Orleans on Monday. THE ASSOCIATED PRESS

Super Saturday

When New Orleans was bidding for the 2013 Super Bowl, it floated the idea of a Super Saturday of Service, whereby volunteers could undertake projects to improve the city.

- This Saturday, restoration work will be done on five properties run by the New Orleans Recreational Department, including a high school football field where Archie Manning's sons Eli and Peyton once played. After Sunday, the field will be the new home of the turf used in the Super Bowl.

Obama holds court with the King, Heat

Miami Heat superstar LeBron James speaks to U.S. President Barack Obama in the East Room of the White House on Monday. President Obama honoured the Heat for winning the 2012 NBA championship.
"Everybody doing their part, is what finally put the Heat over the top," Obama said.
James, who presented Obama with an autographed basketball, said the Heat were honoured.
"We're in the White House right now, which is like, like 'Mama, I made it,'" James said. MARK WILSON/GETTY IMAGES

NBA

Irving deserving of top weekly honour

Kyrie Irving was rewarded for a week he'll have trouble topping.

Cleveland's second-year guard was named the Eastern Conference's player of the week on Monday after leading the NBA in scoring and carrying the Cavs to three straight wins. In the three games, Irving averaged 35.7 points, scored 40 points in a win over Boston, had 35 against Milwaukee and hit a game-winning three-pointer on Saturday in Toronto.

Those performances came in the same week that Irving was selected to his first all-star team and named Cleveland's top professional athlete of 2012. THE ASSOCIATED PRESS

Kyrie Irving GETTY IMAGES FILE

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	4	3	0	1	11	7	7
Pittsburgh	5	3	2	0	15	14	6
NY Islanders	5	2	2	1	18	18	5
NY Rangers	5	2	3	0	14	16	4
Philadelphia	6	2	4	0	13	18	4

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	4	3	0	1	12	8	7
Ottawa	5	3	1	1	16	10	7
Montreal	4	3	1	0	13	7	6
Buffalo	5	2	3	0	13	15	4
Toronto	5	2	3	0	14	17	4

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	5	4	1	0	24	13	8
Winnipeg	5	3	1	1	15	14	7
Carolina	4	2	2	0	11	13	4
Washington	5	1	3	1	11	19	3
Florida	5	1	4	0	8	19	2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	6	6	0	0	22	13	12
St. Louis	6	5	1	0	24	13	10
Detroit	5	2	2	1	11	16	5
Nashville	5	1	1	3	10	14	5
Columbus	5	1	3	1	9	18	3

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	5	2	2	1	13	15	5
Vancouver	5	2	2	1	14	16	5
Colorado	4	2	2	0	9	9	4
Edmonton	4	2	2	0	11	13	4
Calgary	4	1	2	1	11	15	3

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	5	5	0	0	23	8	10
Anaheim	4	3	1	0	15	14	6
Dallas	5	2	2	1	11	12	5
Los Angeles	4	1	2	1	8	12	3
Phoenix	5	1	4	0	17	20	2

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results
Boston at Carolina
Dallas at Columbus
Nashville at Phoenix
Colorado at Edmonton
Vancouver at Los Angeles

Sunday's results
Washington 3 Buffalo 2
Pittsburgh 2 Ottawa 1 (SO)
Montreal 4 New Jersey 3 (OT)
Tampa Bay 5 Philadelphia 1
Chicago 2 Detroit 1 (OT)
Winnipeg 5 NY Islanders 4 (OT)
St. Louis 5 Minnesota 4 (OT)
San Jose 4 Vancouver 1

Tuesday's games — All Times Eastern
New Jersey at Boston, 7 p.m.
Philadelphia at NY Rangers, 7 p.m.
Toronto at Buffalo, 7 p.m.
Winnipeg at Montreal, 7:30 p.m.
Washington at Ottawa, 7:30 p.m.
Dallas at Detroit, 7:30 p.m.
NY Islanders at Pittsburgh, 7:30 p.m.
Florida at Tampa Bay, 7:30 p.m.
Columbus at Minnesota, 8 p.m.
Anaheim at San Jose, 10:30 p.m.

Wednesday's games
Montreal at Ottawa, 7 p.m.
Chicago at Minnesota, 8 p.m.
Edmonton at Phoenix, 9:30 p.m.
Colorado at Vancouver, 10 p.m.

GOLF

PGA

FARMERS INSURANCE OPEN

At La Jolla, Calif.
Final round — Par 72

Tiger Woods, $1,098,000	68-65-69-72—274
Brandt Snedeker, $536,800	65-75-69-69—278
Josh Teater, $536,800	66-70-73-69—278
Jimmy Walker, $268,400	67-69-72-71—279
Nick Watney, $268,400	69-68-71-71—279
Robert Garrigus, $204,350	72-69-72-67—280
Rickie Fowler, $204,350	77-65-70-68—280
Aaron Baddeley, $204,350	71-72-68-69—280
Bill Haas, $146,400	69-69-72-71—281
Graham DeLaet, $146,400	**68-70-72-71—281**
Charles Howell III, $146,400	66-72-71-72—281
K.J. Choi, $146,400	65-73-71-72—281
Jason Day, $146,400	73-70-72-66—281
Brad Fritsch, $146,400	**69-67-70-75—281**
Also:	
Vijay Singh, $41,480	68-73-70-73—284
Phil Mickelson, $14,125	72-71-75-70—288
Mike Weir, $12,200	**66-75-73-76—290**
Adam Hadwin	**66-74-69—WD**

NFL

SUPER BOWL XLVII

Sunday, Feb. 3 At New Orleans, La.
Baltimore vs. San Francisco, 6 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	28	13	.683	—
New York	27	15	.643	1½
Chicago	26	17	.605	3
Indiana	26	18	.591	3½
Brooklyn	26	18	.591	3½
Atlanta	25	19	.568	4½
Milwaukee	23	19	.548	5½
Boston	21	23	.477	8½
Philadelphia	18	26	.409	11½
Detroit	17	27	.386	12½
Toronto	**16**	**29**	**.356**	**14**
Orlando	14	29	.326	15
Cleveland	13	32	.289	17
Washington	11	32	.256	18
Charlotte	11	32	.256	18

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	36	11	.766	—
Oklahoma City	34	11	.756	1
L.A. Clippers	33	13	.717	2½
Memphis	29	15	.659	5½
Golden State	27	17	.614	7½
Denver	27	18	.600	8
Utah	24	20	.545	10½
Houston	24	22	.522	11½
Portland	22	22	.500	12½
L.A. Lakers	19	25	.432	15½
Dallas	19	25	.432	15½
Minnesota	17	24	.415	16
Sacramento	17	29	.370	18½
New Orleans	15	29	.341	19½
Phoenix	15	30	.333	20

Note: division leaders ranked in top three positions regardless of winning percentage.

Monday's results
Memphis 103 Philadelphia 100
Golden State 114 **Toronto 102**
Sacramento 96 Washington 94
Orlando at Brooklyn
Charlotte at Chicago
Indiana at Denver
Houston at Utah

Sunday's results
Boston 100 Miami 98 (OT)
L.A. Lakers 105 Oklahoma City 96
Detroit 104 Orlando 102
New Orleans 91 Memphis 83
New York 106 Atlanta 104
Dallas 110 Phoenix 95
L.A. Clippers 96 Portland 83

Tuesday's games — All Times Eastern
Golden State at Cleveland, 7 p.m.
Milwaukee at Detroit, 7:30 p.m.
Dallas at Portland, 10 p.m.
New Orleans at L.A. Lakers, 10:30 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Focus on the things that are going well for you rather than the things that are going wrong. Financially and affectionately, you have much to look forward to. So, be positive and before long positive things will occur.

♉ Taurus
April 21 - May 21
Try not to be too concerned about what you own and what you earn. Jupiter's imminent move in your favour will resolve most if not all your financial problems, so why should you worry? Times are not so tough.

♊ Gemini
May 22 - June 21
You seem rather excitable at the moment — much like most other moments really, only more so. Maybe it's because you can sense that something wonderful is about to happen. Be ready for it and enjoy it.

♋ Cancer
June 22 - July 23
It may seem as if your life is falling apart but only because you are looking at it from an entirely negative angle. Compared to most people, you have it easy. You don't believe that? Look around you at the world.

♌ Leo
July 24 - Aug. 23
You will need to be flexible today, so don't plan your schedule in too much detail. In fact, don't plan it at all. No matter what you are doing, you must be ready to drop it all — even at a moment's notice.

♍ Virgo
Aug. 24 - Sept. 23
Now is the time to cosy up to your employers and other important people. With Jupiter about to move in your favour in the career area of your chart, you will know just what to say to get the desired effect.

♎ Libra
Sept. 24 - Oct. 23
You must keep dreaming, even if too many of your dreams have failed to come true. Cosmic activity in the best areas of your chart suggest it won't be long before your luck turns — and it will turn big time.

♏ Scorpio
Oct. 24 - Nov. 22
You will do yourself a lot of favours if you resist the urge to reply in kind to any adverse comments you might receive from those you work or do business with. Count to 10. Make that 20, actually.

♐ Sagittarius
Nov. 23 - Dec. 21
Jupiter's presence in your opposite sign of Gemini will make it easy for you to empathize with loved ones, friends, even strangers. You understand that, like you, they are all striving to be the best they can be.

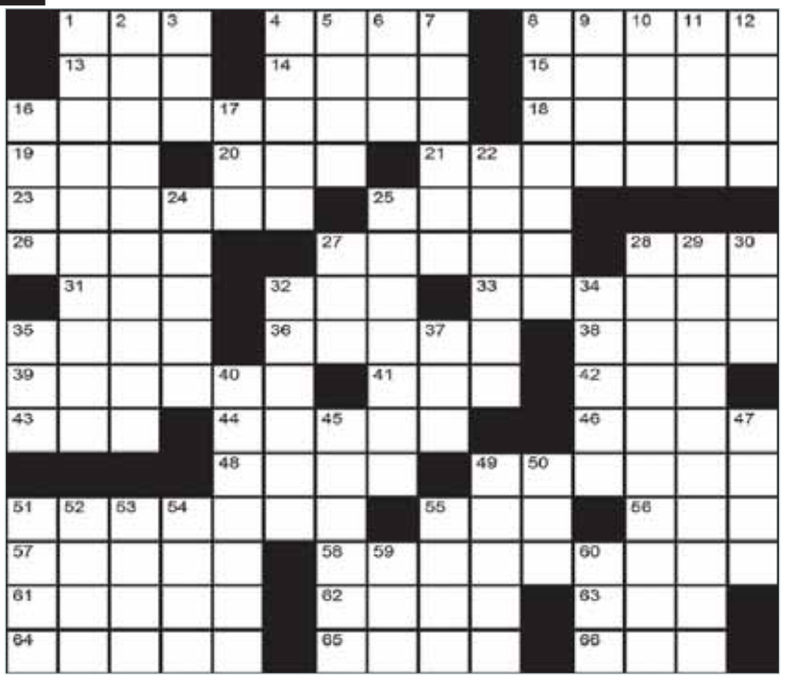
♑ Capricorn
Dec. 22 - Jan. 20
A light-hearted approach to life will make it easier to deal with the heavy duties you are labouring under. Whatever you are expected to do, at home and at work, don't take it too seriously (but do it well).

♒ Aquarius
Jan. 21 - Feb. 19
You can feel that something special is about to happen, something that has been building up behind the scenes for months. Jupiter, planet of prosperity, is about to bring many good things your way.

♓ Pisces
Feb. 20 - March 20
How can you make your home life more exciting? That is the question you have been struggling with in recent weeks and the good news is you are about to find out. Don't let others' negativity hold you back. **SALLY BROMPTON**

Crossword: Canada Across and Down

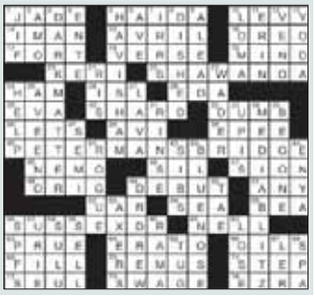
BY KELLY ANN BUCHANAN



Across
1. Pressure meas.
4. Research papers, e.g.
8. Coffee brand est. 1896 in Vancouver
13. Tsar's li'l land
14. Hawaiian island
15. Chicago's airport
16. Brad Pitt movie: 2 wds.
18. Aussie actress Ms. Wilson
19. "This __ _ recording..."
20. Dixie Cups song, when doubled
21. Unyielding
23. Financial magazine
25. Persia now
26. Past person of Peru
27. Calamari
28. William to Harry, for short
31. __ cake
32. __ Na Na
33. Old West hangout
35. Lettuce variety
36. "Shout" by The __ Brothers
38. Ms. Poehler's
39. Plane name
41. Belonging to the intl. org. based in NYC
42. Sports org.
43. Canonized titles [abbr.]
44. Legendary Canadian heavy metal band
46. Serene
48. Tightly stretched
49. Veer
51. Adele's Oscar-nominated song
55. 1990s trial Judge
56. Slang-style insult
57. Hammer _ __ in
58. Green Gables area of PEI
61. Montreal-born country singer Ms. Clark
62. "Get _ __ Up" by John Mellencamp
63. Some vowels
64. "You Won't __ __" by The Beatles
65. Bananarama song: "Robert De __'s Waiting"
66. __. _, "The A-Team" star

Down
1. Warden's worry: 2 wds.
2. Tea party items: 2 wds.
3. 'Book' suffix
4. Enjoys heavy metal
5. __ Alto, California
6. Wed.'s follower
7. Automaker of Japan
8. Rouyn-__, Quebec
9. "Cough..."
10. The Who's "__ O'Riley"
11. Lucy Liu's 'Kill Bill' role, _-__ Ishii
12. Fashion accessory
16. Minnie Mouse's pet dog
17. Fasten
22. Namesakes of Donald Duck's beloved
24. Disney deer
25. Nunavut's capital
27. Quietude requests, variantly
28. Canadian aircraft manufacturer
29. Typical item on Charles and Camilla's itinerary: 2 wds.
30. Offs opposites
32. Newfoundland attraction, __ Hill
34. Oprah's recent interviewee
35. Blues guitarist Mr. King's
37. Made-bigger pic
40. Cape Breton fiddler Ms. MacMaster
45. What Spock's father was
47. Fit
49. Prefix to 'saurus' (Plated-back dino)
50. Triumphed
51. TGIF followers
52. Human hinge
53. Handled easily, as a ship
54. Tom Cruise movie, "The __" (1993)
55. Folkie band, Bon __
59. CNN's Mr. Velshi
60. Built by a beaver

Yesterday's Crossword

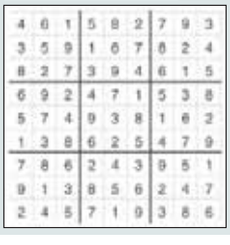


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8					4	9	2	
	5			8		3	1	
3			6					4
				6			5	8
		5				7		
2	9			7				
7					8			5
	4	9		3			7	
	6	8	1					3

Yesterday's Sudoku



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